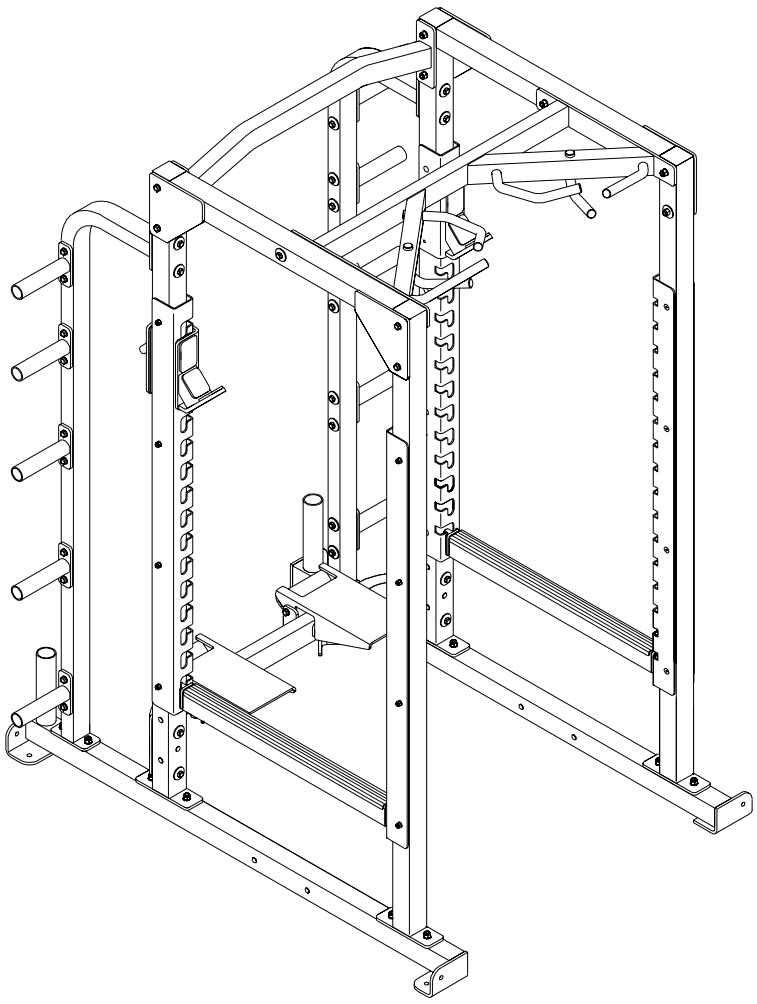
HAMMER STRENGTH®

OLYMPIC HEAVY DUTY POWER RACK 8’ (OHDPR8)



ASSEMBLY INSTRUCTIONS

PARTS LIST

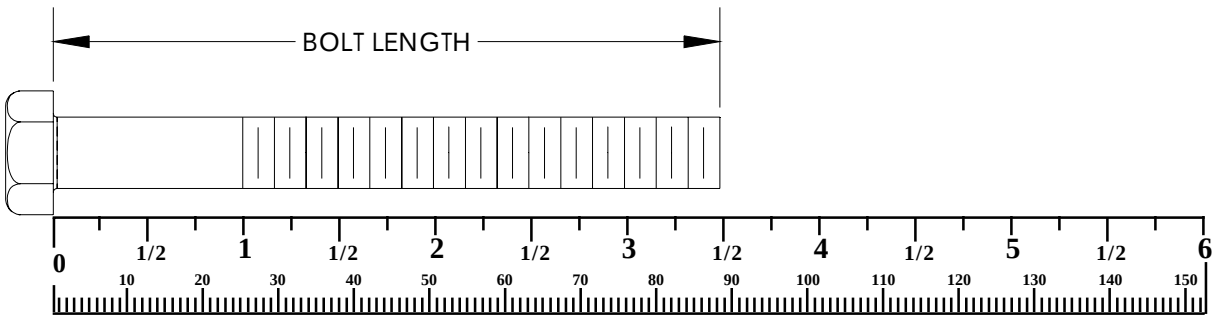
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA7586101	LEFT UPRIGHT BASE	1	15	LEA7596501	BOTTOM UPRIGHT SUPPORT	1
2	LEA7586501	RIGHT UPRIGHT BASE	1	16	LEA3239318	1/2 X 4-1/2" BOLT	6
3	LEA7584601	FRONT UPRIGHT	2	17	LEA3239306	1/2 X 1-1/2" BOLT	4
4	LEA7584901	REAR UPRIGHT	2	18	LEA3245201	3/8 X 3-3/4" FLAT HEAD BOLT	16
5	LEA7585801	CROSS SUPPORT	2	19	LEA3102502	1/2" FLAT WASHER	4
6	LEA7586601	WEIGHT HORN UPRIGHT	2	20	LEA3237505	1/2" INT TOOTH LOCK WASHER	60
7	LEA7586901	REAR UPRIGHT SUPPORT	1	21	LEA3239503	3/8" INT TOOTH LOCK WASHER	16
8	LEA7588301	CHIN-UP SUPPORT	1	22	LEA7617301	1/2" PLASTIC DOME WASHER	44
9	LEA7584401	RIGHT ADJUSTMENT RACK	2	23	LEA3102801	1/2" LOCK NUT	54
10	LEA7584501	LEFT ADJUSTMENT RACK	2	24	LEA3102802	3/8" LOCK NUT	16
11	LEA7587501	WEIGHT HORN	10	25	LEA7601701	SWIVEL SPOTTER	2
12	LEA7587901	LEFT BAR SUPPORT	1	26	LEA3239317	1/2 X 4-1/4" BOLT	44
13	LEA7587801	RIGHT BAR SUPPORT	1	27	LEA3105303	9/16" HOLE CAP	22
14	LEA7589201	BAR CATCH	2				

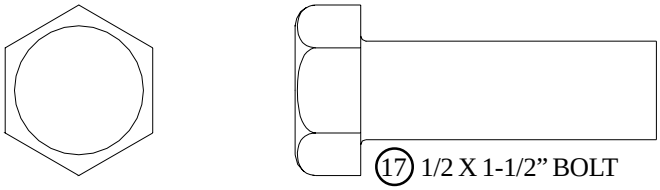
Tools Required for Assembly

* 3/4", 9/16" wrench
* Ratchet with 3/4", 9/16" socket
* 7/32" Allen Wrench

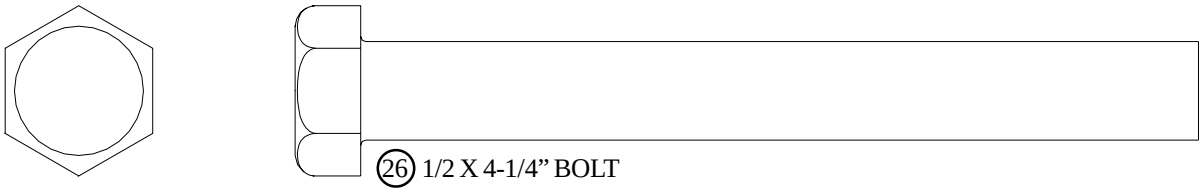
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



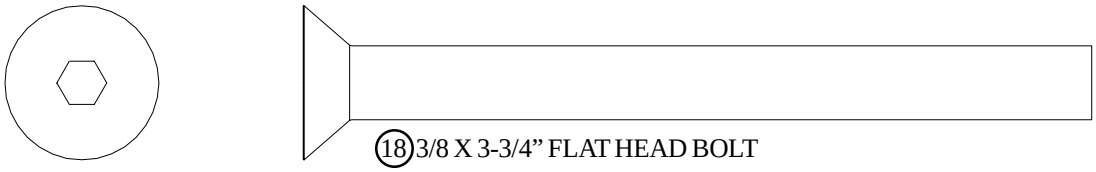


17 1/2 X 1-1/2" BOLT

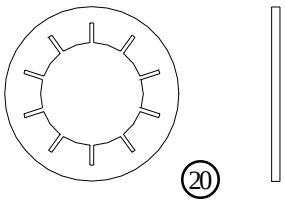


26 1/2 X 4-1/4" BOLT

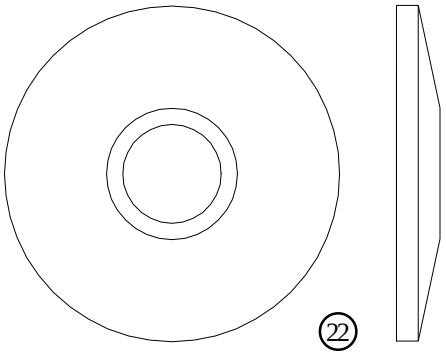
16 1/2 X 4-1/2" BOLT



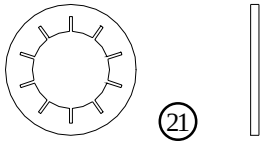
18 3/8 X 3-3/4" FLAT HEAD BOLT



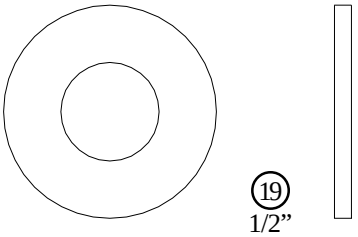
20 1/2" INT TOOTH LOCK WASHER



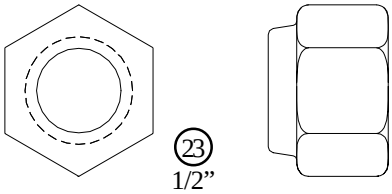
22 1/2" PLASTIC DOME WASHER



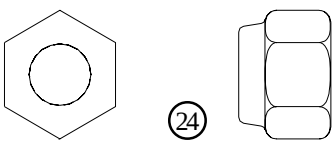
21 3/8" INT TOOTH LOCK WASHER



19 1/2" FLAT WASHER

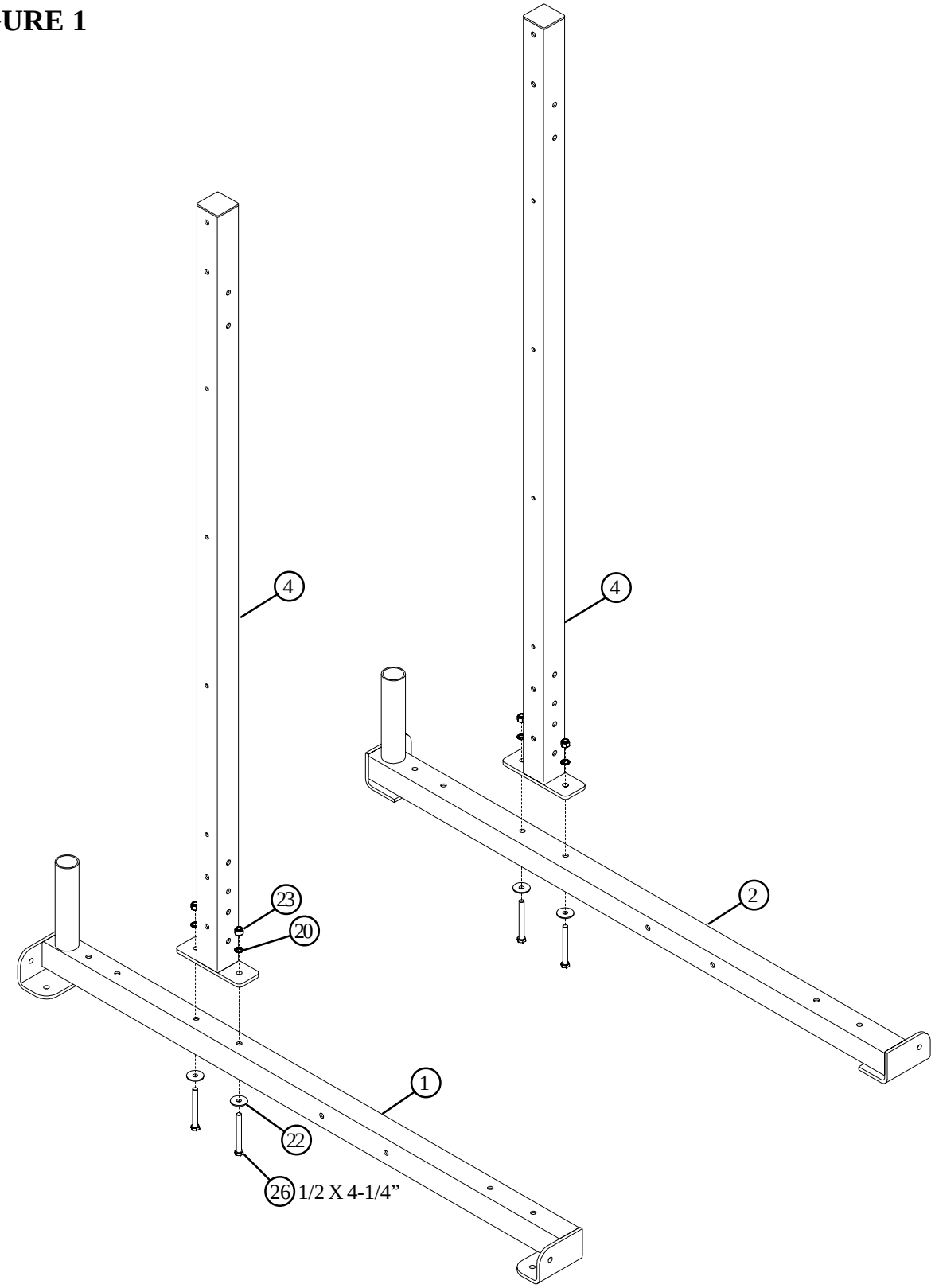


23 1/2" LOCK NUT



24 3/8" LOCK NUT

FIGURE 1



STEP 1:

- **LOOSELY** assemble the REAR UPRIGHT (4) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 1.

- **LOOSELY** assemble the REAR UPRIGHT (4) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 1.

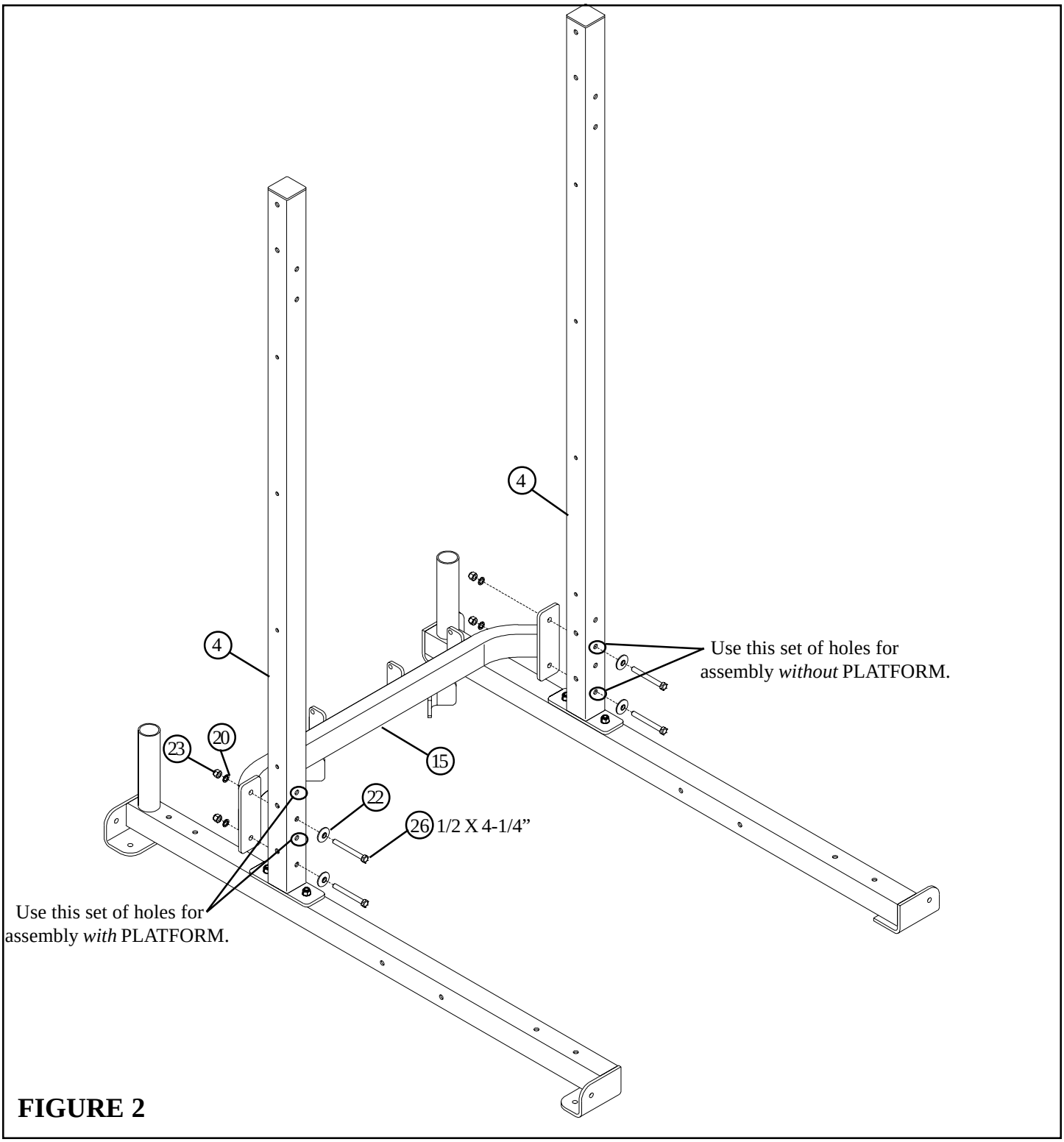
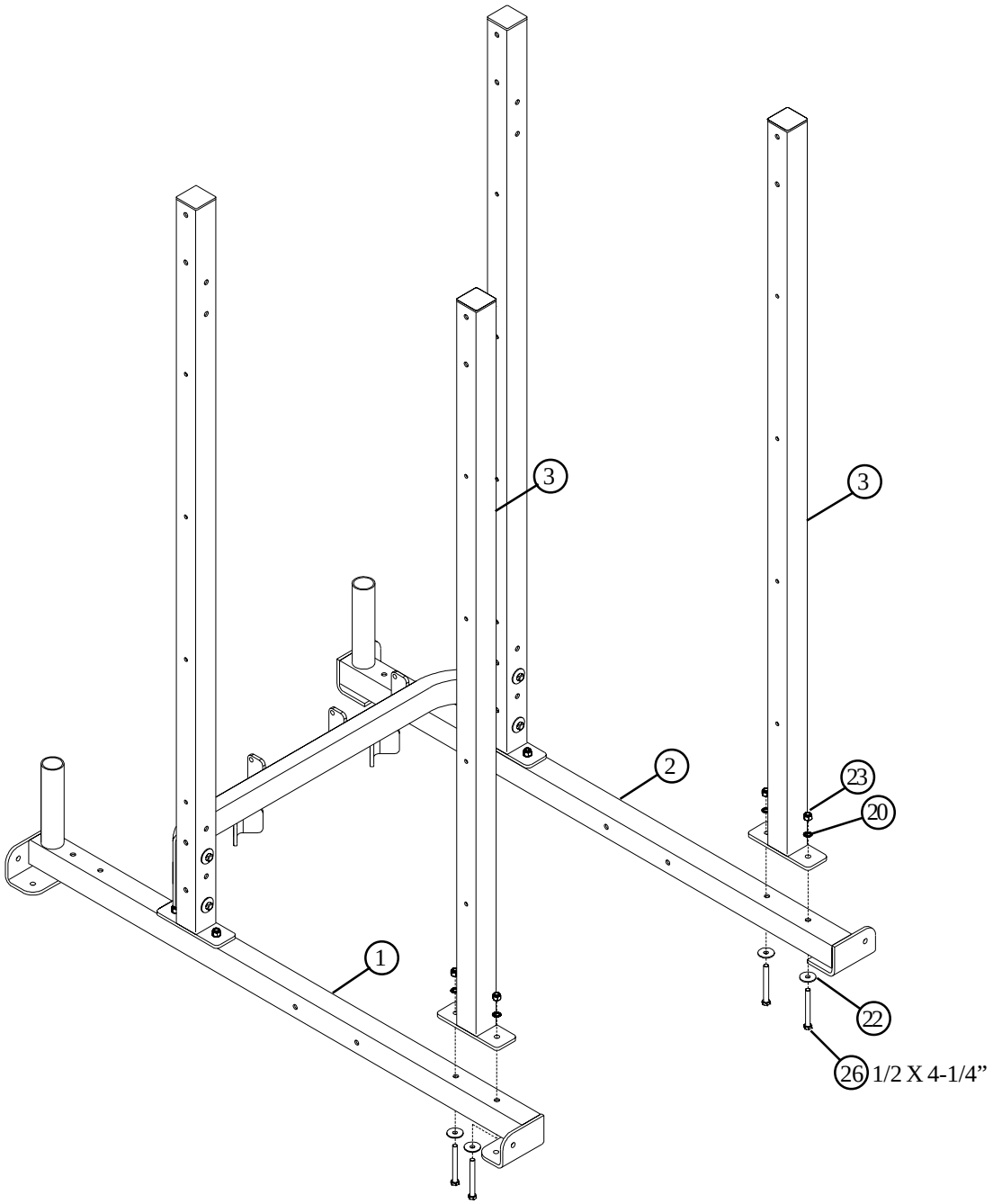


FIGURE 2

STEP 2:

- **LOOSELY** assemble the BOTTOM UPRIGHT SUPPORT (15) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4” BOLTS (26), four 1/2” PLASITC DOME WASHERS (22), four 1/2” INT TOOTH LOCK WASHERS (20) and four1/2” LOCK NUTS (23) as shown in FIGURE 2.

FIGURE 3

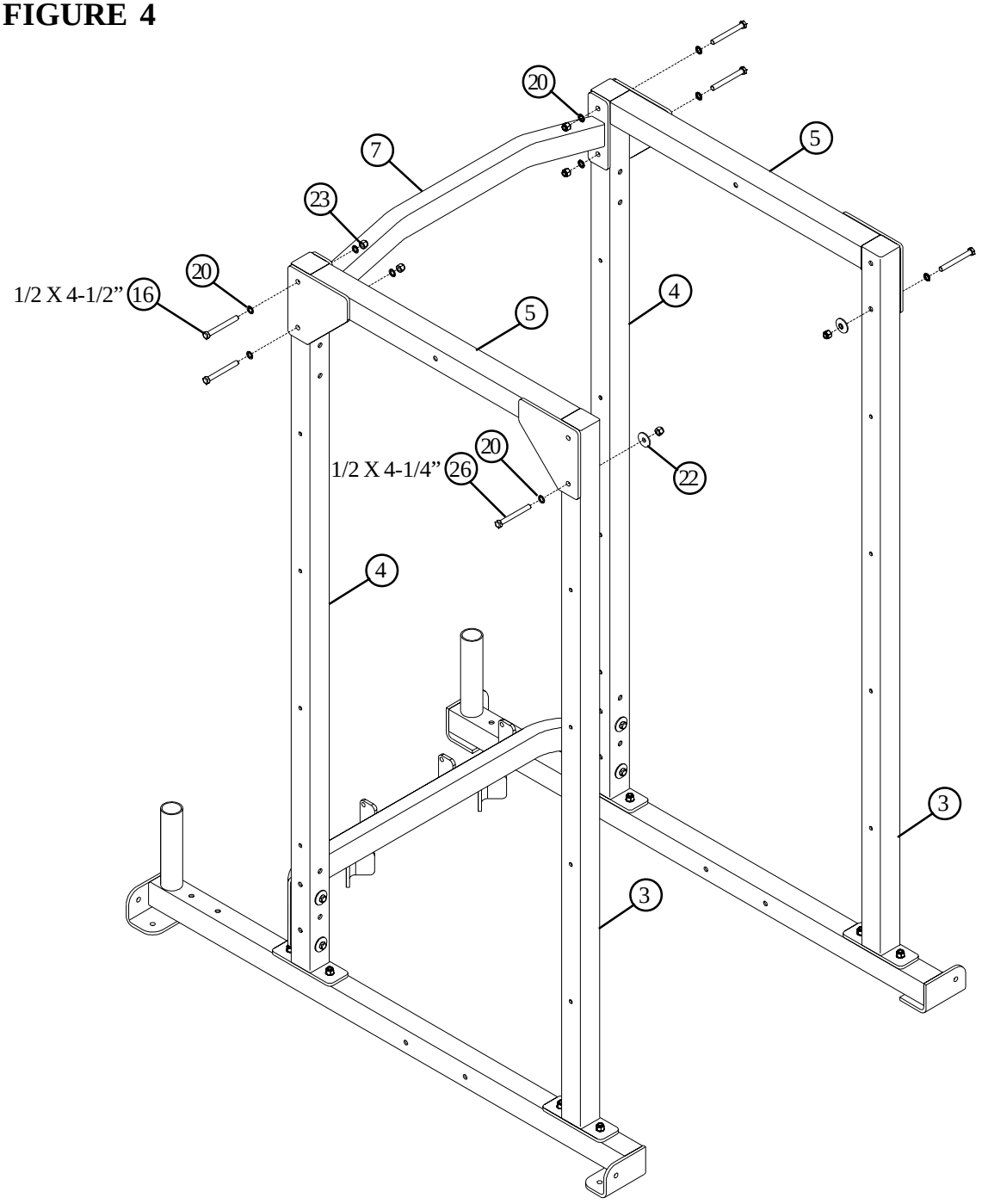


STEP 3:

- **LOOSELY** assemble the FRONT UPRIGHT (3) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 3.

- **LOOSELY** assemble the FRONT UPRIGHT (3) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” INT TOOTH LOCK WASHERS (20), two 1/2” PLASITC DOME WASHERS (22) and two 1/2” LOCK NUTS (23) as shown in FIGURE 3.

FIGURE 4

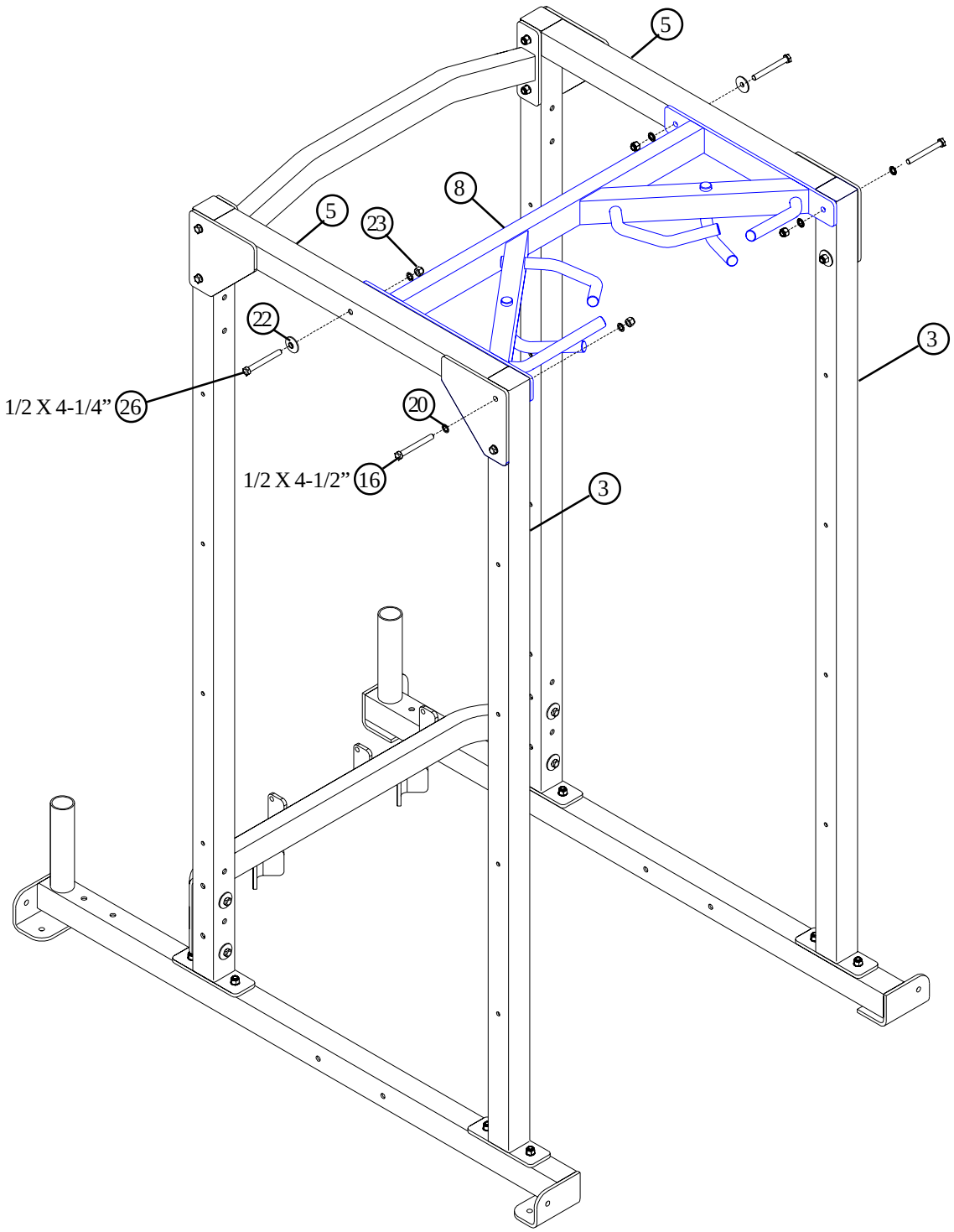


STEP 4:

- **LOOSELY** assemble the REAR UPPER SUPPORT (7) and the CROSS SUPPORTS (5) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/2" BOLTS (16), eight 1/2" INT TOOTH LOCK WASHERS (20) and four 1/2" LOCK NUTS (23) as shown in FIGURE 4.

- **LOOSELY** assemble the CROSS SUPPORTS (5) to the FRONT UPRIGHTS (3) using two 1/2 X 4-1/4" BOLTS (26), two 1/2" INT TOOTH LOCK WASHERS (20), two 1/2" PLASITC DOME WASHERS (22) and two 1/2" LOCK NUTS (23) as shown in FIGURE 4.

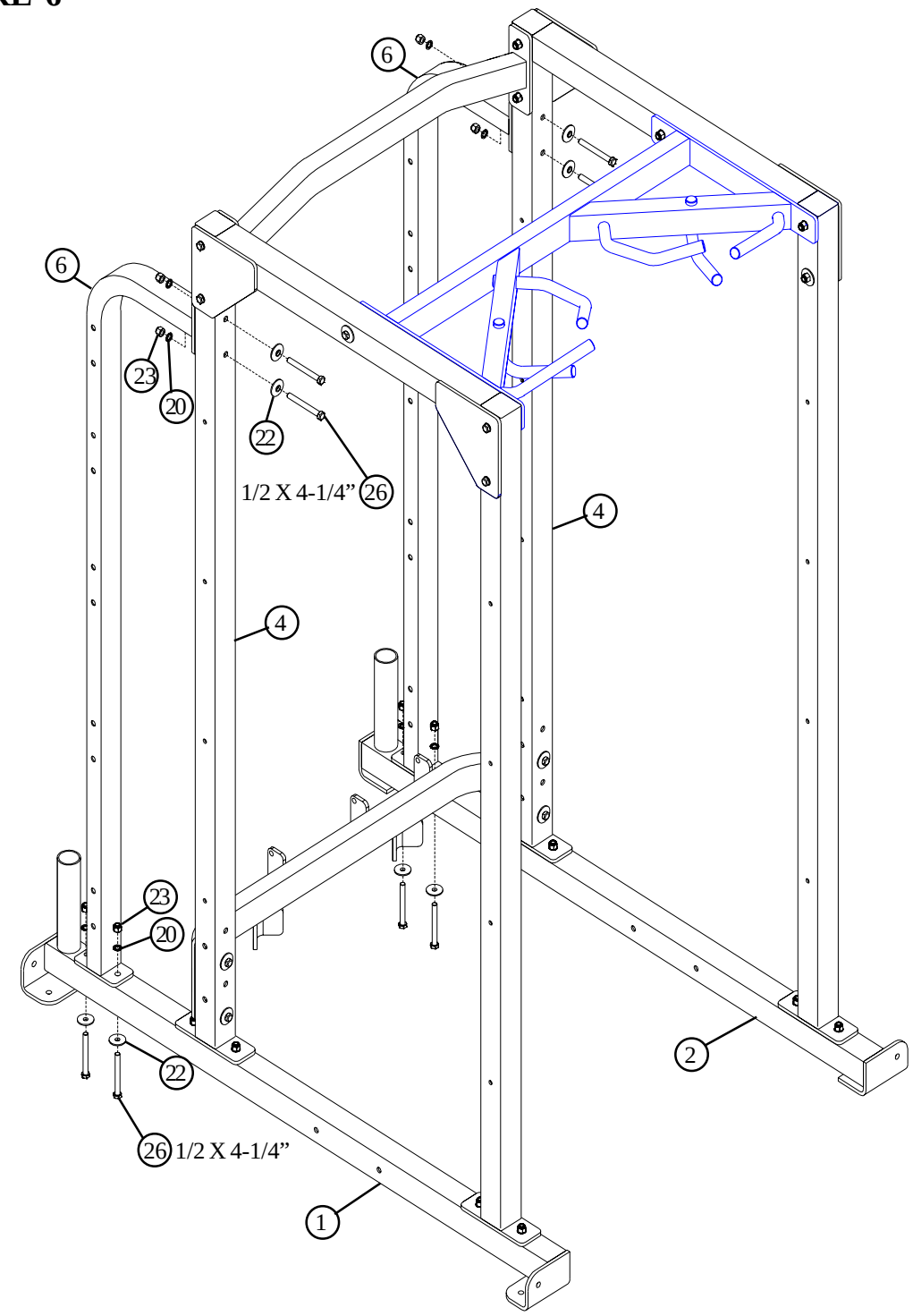
FIGURE 5



STEP 5:

- **LOOSELY** assemble the CHIN-UP SUPPORT (8) to the CROSS SUPPORTS (5) and the FRONT UPRIGHTS (3) using two 1/2 X 4-1/2" BOLTS (16), two 1/2 X 4-1/4" BOLTS (26), six 1/2" INT TOOTH LOCK WASHERS (20), two 1/2" PLASTIC DOME WASHERS (22) and four 1/2" LOCK NUTS (23) as shown in FIGURE 5.

FIGURE 6

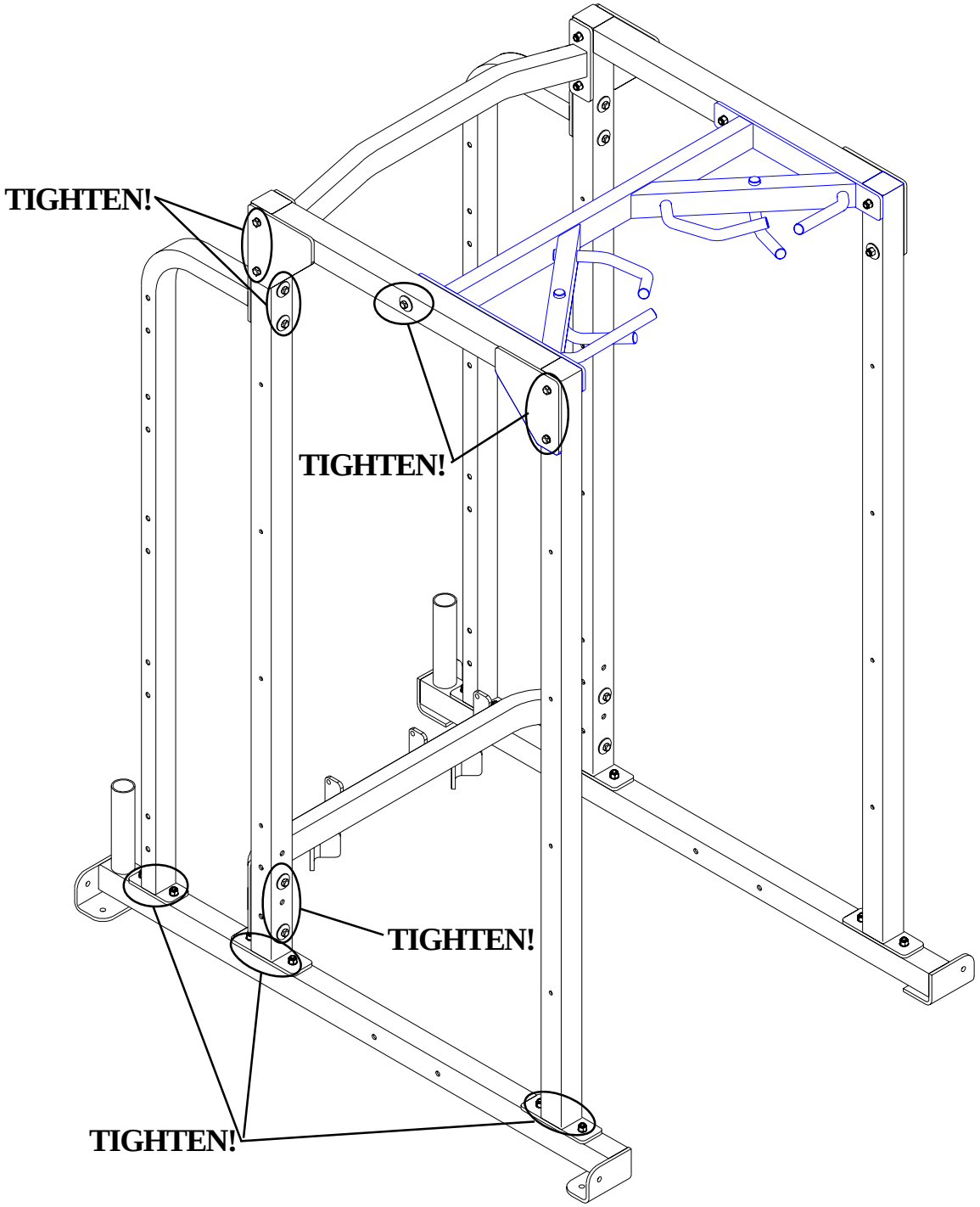


STEP 6:

- **LOOSELY** assemble the WEIGHT HORN UPRIGHTS (6) to the LEFT & RIGHT UPRIGHT BASE (1 & 2) using four 1/2 X 4-1/4" BOLTS (26), four 1/2" PLASTIC DOME WASHERS (22), four 1/2" INT TOOTH LOCK WASHERS (20) and four 1/2" LOCK NUTS (23) as shown in FIGURE 6.

- **LOOSELY** assemble the WEIGHT HORN UPRIGHTS (6) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (26), four 1/2" PLASTIC DOME WASHERS (22), four 1/2" INT TOOTH LOCK WASHERS (20) and four 1/2" LOCK NUTS (23) as shown in FIGURE 6.

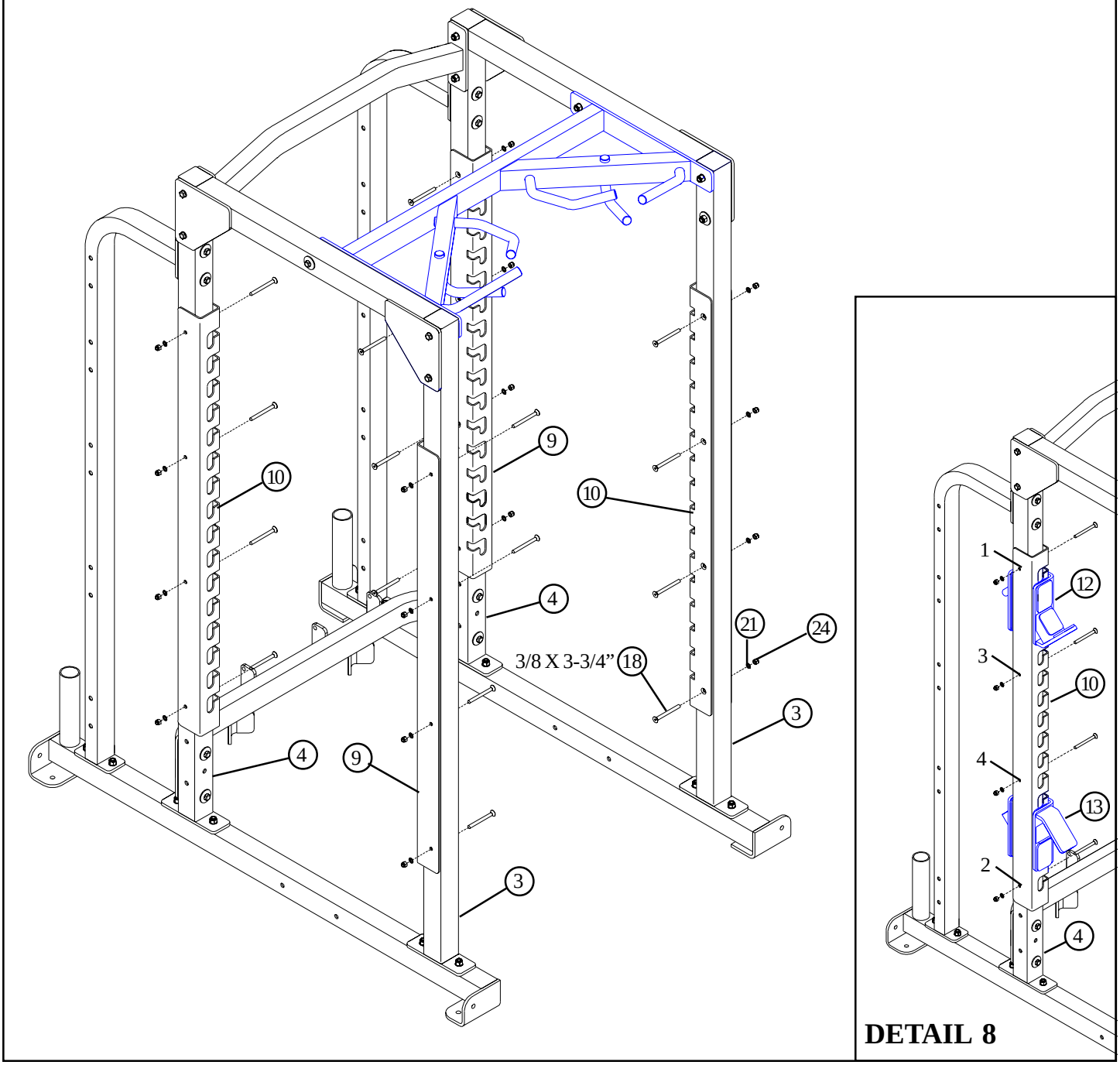
FIGURE 7



STEP 7:

- **Securely tighten all loose frame connections made to this point.**

FIGURE 8



DETAIL 8

STEP 8:

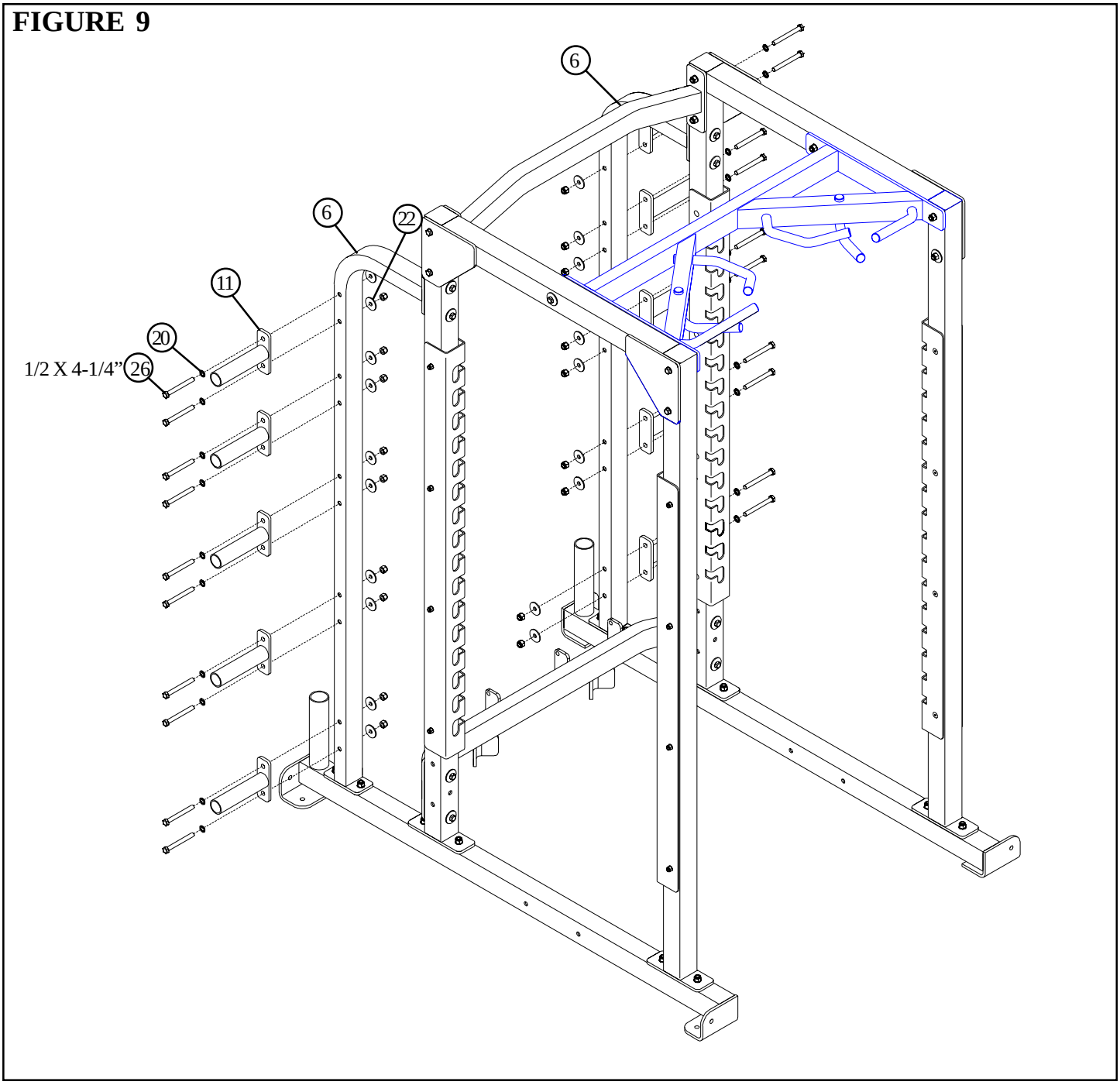
- **LOOSELY** assemble one RIGHT & one LEFT ADJUSTMENT RACK (9 & 10) to the REAR UPRIGHTS (4) as shown, using eight 3/8 X 3-3/4" FLAT HEAD BOLTS (18), eight 3/8" INT TOOTH LOCK WASHERS (21) and eight 3/8" LOCK NUTS (24). See FIGURE 8.

- **LOOSELY** assemble one RIGHT & one LEFT ADJUSTMENT RACK (9 & 10) to the FRONT UPRIGHTS (3) as shown, using eight 3/8 X 3-3/4" FLAT HEAD BOLTS (18), eight 3/8" INT TOOTH LOCK WASHERS (21) and eight 3/8" LOCK NUTS (24). See FIGURE 8.

SETTING ADJUSTMENT RACK WIDTH (SEE DETAIL 8)

- Before tightening the ADJUSTMENT RACKS (9 & 10), slide the LEFT and RIGHT BAR SUPPORTS (12 & 13) over the ADJUSTMENT RACK and UPRIGHT. Assemble one BAR SUPPORT close to the top and the other close to the bottom, as shown in DETAIL 8. (Make sure not to cover any bolt heads.) Proceed to tighten all four bolts in the order shown in DETAIL 8. Repeat this step on the remaining three ADJUSTMENT RACKS.

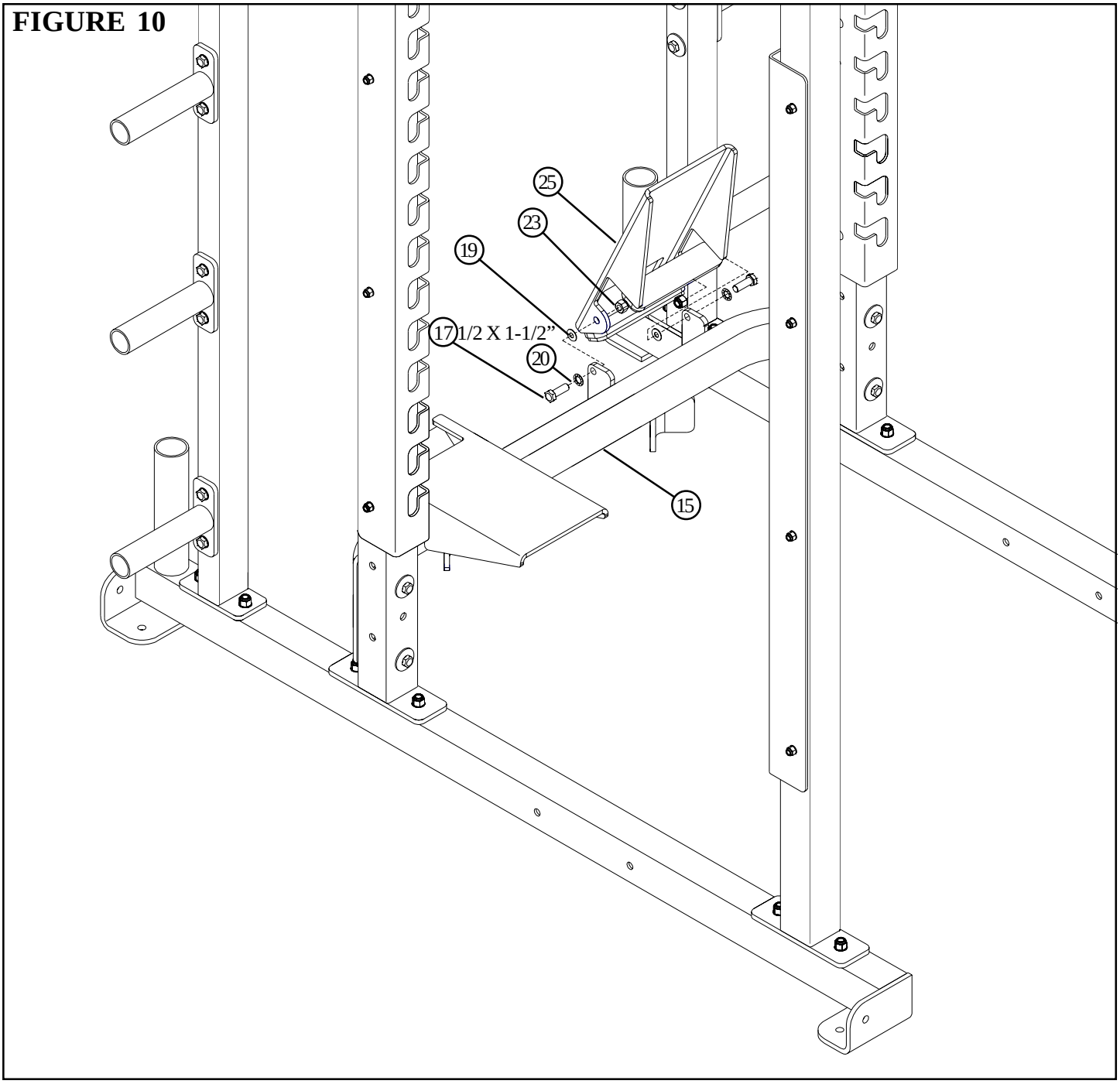
FIGURE 9



STEP 9:

- **SECURELY** assemble the ten WEIGHT HORNS (11) to the WEIGHT HORN UPRIGHTS (6) using twenty 1/2 X 4-1/4" BOLTS (26), twenty 1/2" INT TOOTH LOCK WASHERS (20), twenty 1/2" PLASTIC DOME WASHERS (22) and twenty 1/2" LOCK NUTS (23) as shown in FIGURE 9.

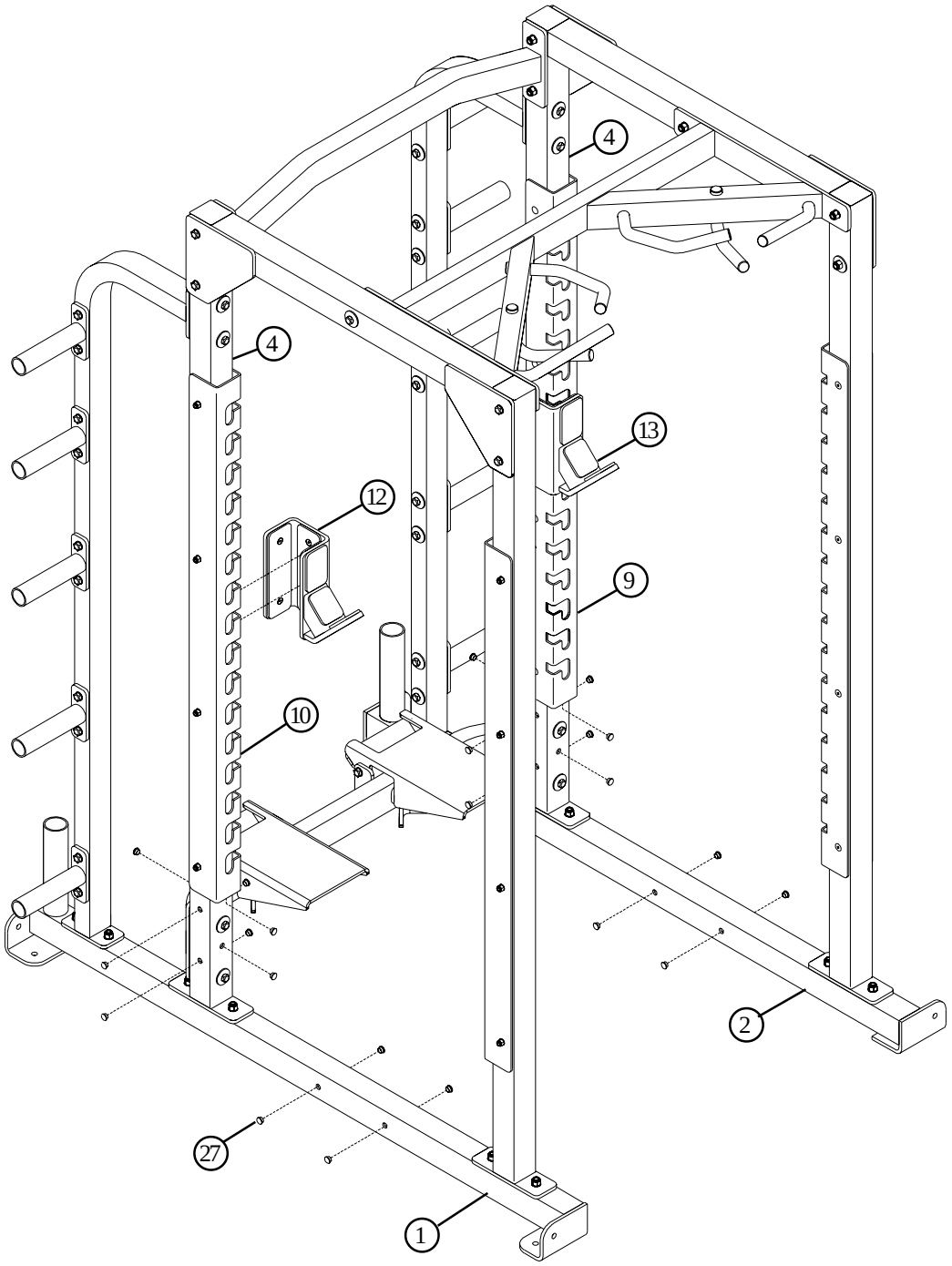
FIGURE 10



STEP 10:

- Assemble two SWIVEL SPOTTERS (25) to the BOTTOM UPRIGHT SUPPORT (15) as shown using four 1/2 X 1-1/2” BOLTS (17), four 1/2” FLAT WASHERS (19), four 1/2” INT TOOTH LOCK WASHERS (20) and four 1/2” LOCK NUTS (23). See FIGURE 10. **(NOTE: Tighten connection SECURELY then back nut off 1/2 turn.)**

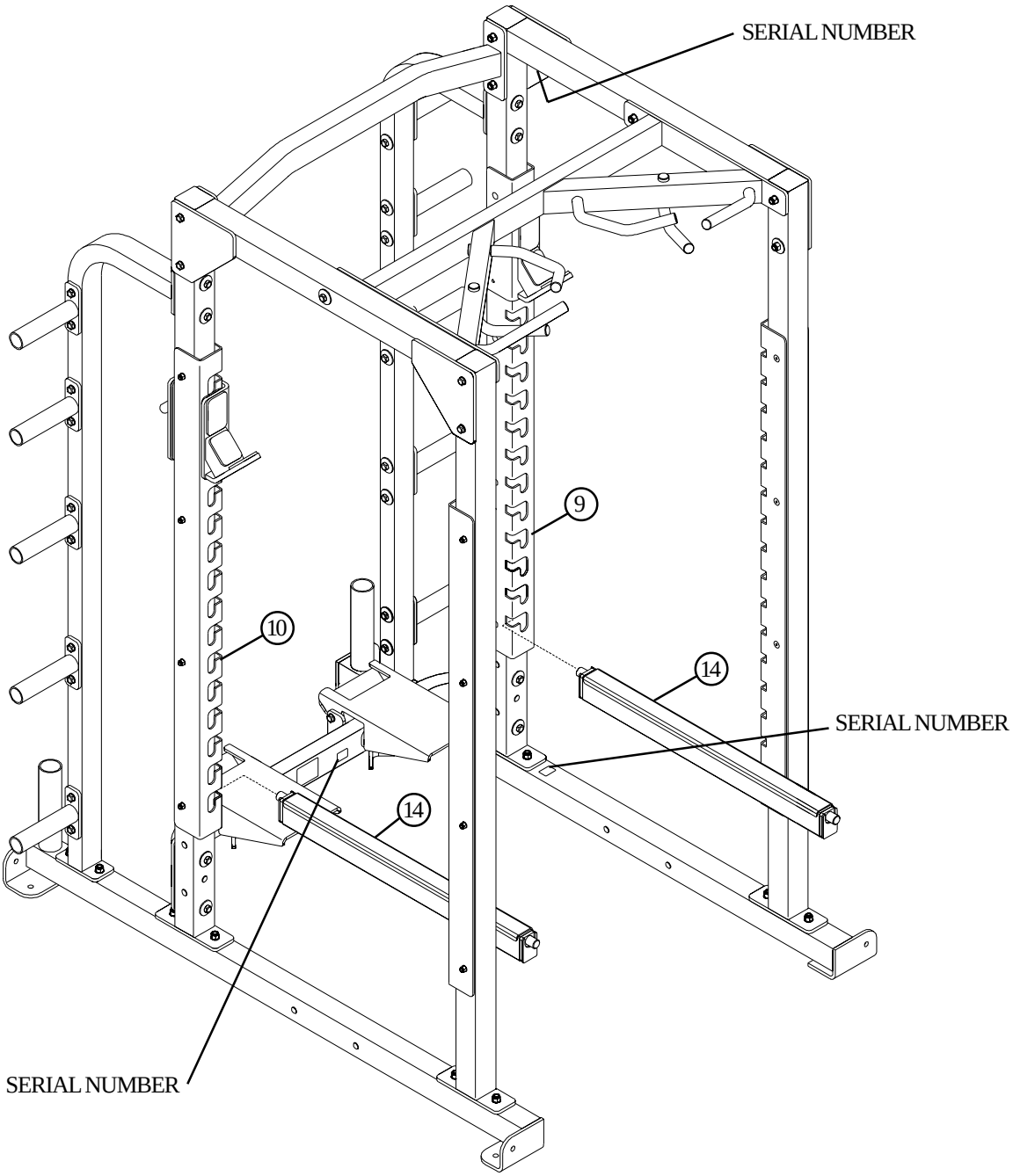
FIGURE 11



STEP 11:

- Insert the LEFT BAR SUPPORT (12) into the desired slots of the LEFT ADJUSTMENT RACK (10), and allow it to drop down to lock in place. See FIGURE 11.
- Repeat the above step to assemble the RIGHT BAR SUPPORT (13) to the RIGHT ADJUSTMENT RACK (9).
- Insert twenty-two 9/16" HOLE CAPS (27) into the holes of the REAR UPRIGHTS (4) and the LEFT & RIGHT UPRIGHT BASE (1 & 2) as shown in FIGURE 11.

FIGURE 12



STEP 12:

- Insert the BAR CATCHES (14) into the desired slots on the LEFT & RIGHT ADJUSTMENT RACKS (10 & 9), and allow it to drop down and lock into place. See FIGURE 12.

Thank you for purchasing the OLYMPIC HEAVY DUTY POWER RACK. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	Upholstery and Any Items Not Specified

CONTACT INFORMATION

United States, Canada, Latin America	Europe, Africa, Middle East	Asia Pacific	United Kingdom
800.634.8637 847.288.3399	(+31) 180.646666	(+852)2891.6677	+44(0)1353.666017
	VISIT US AT: *HAMMERSTRENGTH.COM*		

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.